

SALEM SENIOR CENTER

FEBRUARY 2016 NEWSLETTER



WiiSports



- Every Friday from 2pm-5pm
- We will show you how to play the different sports games on the Wii in hopes that this will be an ongoing activity for all of you.

STOP BY & TALK TO HANK



PLEASE NOTE:

**SALEM SENIOR CENTER
MONTHLY COVERED DISH
LUNCHEON**
FOR SENIOR CITIZENS

Thursday, February 18, 12 noon
Entertainment: TBA

Blood pressure checks from 11 am – 12 noon by Salem Fire Dept. & Lewis Gale Hospital

The Senior Center will be closed for all classes or events the week of February 22 – 28, 2016, for maintenance.

49ERS + CLUB

Thursday, February 4, **Meeting**, 11 am.
Thursday, February 11, **Lunch out**
Thursday, February 18, **preside over the Monthly Luncheon**, 12 noon.



SALEM SENIOR SINGERS

Thursday, February 4, **Practice**, 12:30 pm
Tuesday, February 9, **Our Lady of the Valley**
Leave from Center at 1:00 pm
Tuesday, February 16, **The Oaks at Richfield**. Be there at 1:30 pm.
Tuesday, February 23, **Snyder's Nursing Home**. Be there at 1:30 pm.

COMPUTER CLASSES

Taught by Mark Waldron or Hank Luton
Every Wednesday
2:00 pm & 2:30 pm (30 minute individual classes)

Sign up in office!!!

NEW TRIP/EVENT ALERT!!!

Cesar Milan Live! "Dog Whisperer"
Salem Civic Center
Thursday, March 3

Amishlands...Lancaster, Pennsylvania
NYC- style Show & Shopping Trip
June 6-8

We're going to Manhattan!
New York City & Statue of Liberty Trip
Sep. 30-Oct. 4

COME BY OFFICE FOR MORE INFO!

Medicare Informational Seminar "Understand your Medicare options"

Presented by Jennifer Myer w/ Humana
Wednesday February 10 – 3:00pm
*Snacks provided
Sign up in office

HEART HEALTH & Hands-only CPR

Jean Moreland, BSN, RN, CEN, CCCC
Stroke Center & Chest Pain Center Coordinator
LewisGale Medical Center

Wednesday, February 3, 1pm – 2pm
Salem Senior Center

Virginia TRIAD Meeting

TRIAD is a partnership of local law enforcement, senior citizens, and senior service providers who agree to work together to reduce criminal victimization of the elderly.

Snacks will be provided
Sign up in office



UPCOMING TRIPS

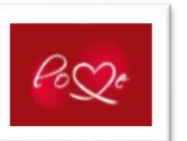
February 17 – Taubman Museum of Art & Lunch Downtown

Location: Roanoke, Virginia

Time: Departs from Salem Senior Center at 9:30am

Cost: \$15.00

Details: Join our group for a guided tour of the Taubman Museum of Art in downtown Roanoke. Lunch is on your own after tour downtown at the Historic City Market.



March 22 – Mayberry Tour

Location: Mt. Airy, North Carolina

Time: Departs from Salem Senior Center at 8:00am

Cost: \$40.00

Details: Step back in time with our group as we visit Mt. Airy, North Carolina for a guided tour of "Mayberry", home of The Andy Griffith Show! Our tour will feature Snappy's Diner, Floyd's City Barbershop, Wally's Service Station and much more that Mt. Airy has to offer. Lunch is included.

April 13 – Wohlfahrt Haus Dinner Theatre "Peace in the Valley"

Location: Wytheville, North Carolina

Time: Departs from Salem Senior Center at 10:00am

Cost: \$65.00

Details: "Come unto me, all ye that labour and are heavy laden, and I will give you rest". Join us for this Heavenly tribute to the world's most beloved genre of music. Gospel music transcends the ages and perpetuates our faith through song. Featuring the songs you grew up singing and are still singing today, Peace in the Valley will have you swept away in the wonder that is Christ the Lord.

April 18-20 - Pigeon Forge, Gatlinburg & Smoky Mountain Show Trip

Time: Depart from Salem Civic April 18, 8:00 am

Cost: \$275 double occupancy, \$335 single occupancy

Details: Cost includes travel, lodging, 2 breakfasts, 2 dinners and entrance to 4 shows and attractions (Titanic, Hatfield-McCoy Show, Smoky Mountain Opry, The Magic Beyond Belief Show. There will also be some "free" time in Historic Downtown Gatlinburg.

NEW TRIPS ARE ADDED MONTHLY!!! PLEASE WATCH THE NEWSLETTER CLOSELY. 2016 TRIP LIST IS AVAILABLE FOR DISTRIBUTION.

**Sign up in the office.
MUST PAY WHEN SIGNING UP**

MOVIE TRIP ANNOUNCEMENT

Regal Valley View Grande - "The Finest Hours" starring Chris Pine, Ben Foster, Eric Bana, Holliday Grainger

Tuesday, February 9, 2016

The incredible true story of a daring Coast Guard rescue attempt off the shores of Cape Cod during a ferocious storm in the winter of 1952. After an oil tanker splits in half, trapping its crew aboard the sinking vessel, 4 brave Guardsmen set out in a heroic attempt to save them.

***Leave Senior Center at 11:30 pm**

***Cost is \$10 & includes travel and admission to the movie. Snack will be "on your own".**

INCLEMENT WEATHER POLICY

If City of Salem Schools are closed due to inclement weather, all activities at the Center are cancelled.

If City of Salem Schools are delayed one hour, all activities and classes will be held at their regularly scheduled time.

If City of Salem Schools are on a two hour delay, the Center will open at 10 am and all activities and classes that are scheduled to begin before 10 am will be cancelled. All activities and classes that begin at 10 am or after will be held.

**** Please note that this policy is based on City of Salem Schools and our closings are not always the same as Roanoke County or Roanoke City. Watch the news.**